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- Happy Hoofers
- Senior Table Games
- Chess Club
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# Los Gatos Senior Center Newsletter

May / June 2006

## Join in the fun, and participate in the Los Gatos and Monte Sereno Community Garage Sale on June 3rd.



Planning to do some spring cleaning? Want to make a few dollars and help the environment at the same time? Then consider participating in the Los Gatos and Monte Sereno Community-Wide Garage Sale, to be held on **June 3, 2006.**

Los Gatos and Monte Sereno's popular Community-Wide Garage Sale is held every year. Last year, hundreds of households participated. The event encourages reuse and recycling of furniture, appliances, and other household items so they do not end up in the landfills.

How does the Community Garage Sale work? Residents of Los Gatos, Monte Sereno, and the unincorporated areas of the two cities register to hold garage sales at their homes, or join with neighbors to hold block sales. The Town promotes all registered sales through press releases, newspaper and radio ads, flyers, and posters. Then, residents hold their garage sales on June 3. You choose the spot, we buy the ads, you keep the cash - it's that easy!

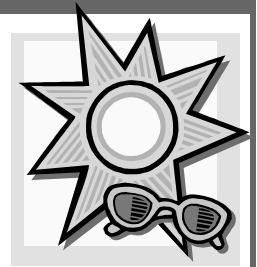
To register for an application to be mailed to you, or to learn more about the Community Garage Sale, call the Town's Recycling Coordinator, Lauren Mende Tacké, at (408) 399-5796. On-line registration is now available for your convenience, and registration is free. The deadline to register is **May 18, 2006.** Visit the Town's Garage Sale website at [www.losgatosca.gov/communitygaragesale](http://www.losgatosca.gov/communitygaragesale).



## Do You Know A Senior of Distinction?

Sponsored by the Los Gatos Weekly Times and the Terraces of Los Gatos, the upcoming Senior of Distinction Award strives to "recognize a senior citizen who had made outstanding contributions to the community." Mayor Diane Mc Nutt of Los Gatos and Mayor Mark Brodsky of Monte Sereno will present the 2006 award at a champagne reception on Friday 2, 2006, 4:30 PM, at The Terraces. Nominees must be 65 years of age or older and live in Los Gatos or Monte Sereno with a 95030, 95032, or 95033 zip code. Check your newsletter for a nomination form. For more information contact The Terraces at 408-356-1006.

## Salute! To Your Good Health, *By Debbie Kranefuss, Director of Live Oak Senior Nutrition and Service Center*



The summer is the perfect time to do things that will keep your nutrition and exercise program on track! The weather gives us an opportunity to increase activity levels by gardening outside in the yard or on porch tabletops. Activity and sunshine help us to absorb vitamin D to keep bones healthy. We are just generally in a better mood, stress levels after the "holidays" are down and the fun of "vacation" is here! Fresh fruits and vegetables are abundant year round in California, but they just taste better in the summertime.



There are also things to beware of in the spring and summer. Even though it may not be too hot out yet, it is important to apply sunscreen of at least 15 SPF (30 SPF is generally recommended) on a daily basis to avoid damage to exposed skin or cataract. Other recommendations to decrease sun exposure is to wear sunglasses, long sleeved clothing and a hat when you will be out in prolonged sunlight. Also try to avoid the strong rays of the midday sun to keep exposure down.

Hydration is key year-round, but especially in the summer, as fluids keep our body temperature stable, keep the skin moist and help the kidneys function normally. Seniors are at a higher risk for dehydration due to a decreased sensation of thirst as we age, medications that may require increased intake of water, fear of incontinence or other medical problems. Extra water, fruit juices or "smoothies" can increase your intake of fluids during the summer. Try to avoid caffeinated drinks, as these will draw extra water out of your system.



Remember, it takes 21 days for a new habit to take place in your everyday life. Pick one or two new healthy nutrition or exercise habits to do every day and maybe you can carry them into the fall or winter. Drop by the Lunch Spot, 111 Church Street, Los Gatos or call 408-354-0707 to let us know what your new healthy habits are!

## Los Gatos Library Book Discussion Group

Looking for an interesting way to spend the morning? Join the Library's Book Discussion Group that meets the 2<sup>nd</sup> Wednesday in the Library at 9AM. No advance sign-up is needed just come prepared to talk about what you have read.

**Arc of Justice**, by Kevin Boyle

May 10, 2006

When Dr. Ossian Sweet moves his family to a previously all white neighborhood in Detroit in 1925, he thought he had achieved his greatest dream.

**Birds Without Wings**, by Louis De Bernieres

June 14, 2006

Steeped in the culture of Turkey in the waning days of the Ottoman Empire and the beginning of the First World War, a number of residents of a small town in Anatolia tell their stories.

## Did you Know?

### Medicare Getting Drugs After Your Transitional Period



Effective April 1, 2006, some beneficiaries may experience new problems due to the reinstatement of prior authorization for some drugs. The Centers for Medicare and Medicaid Services (CMS) lifted the prior authorization of drugs for the last three months with the intention of lessening initial Part D implementation problems, but effective April 1 the process will begin to be enforced for all Medicare beneficiaries.

CMS has provided some guidelines that should help you get your Medicare Part D drugs after this transitional period:

- Call your plan to make sure you understand the transition process and your rights.
- If your plan doesn't cover the drug you are taking now, it must cover an alternative drug that can work for you.
- If your physician believes that you need the specific drug you are taking now, then the plan must have a timely way for you to ask to continue with that drug.
- If your plan still doesn't allow you to continue with that drug, Medicare provides an independent review of your request.
- If you did not switch to an alternative drug by March 31, 2006, and you can't have your prescription filled, you can ask your pharmacist if there is a generic alternative. You should also ask why the drug is not offered and ask the pharmacist to suggest an alternative drug, other than generic, that your plan now covers.
- Call your doctor and ask about the alternative drug.
- If your doctor does not think the alternative will work for you, call your plan to ask for an exception.
- If it is urgent, ask the plan for expedited review, which means they must make a decision in 24 hours.
- Ask your plan if they will cover a temporary supply of your drug until they make a decision.

If you have any questions, call 1-800-MEDICARE (1-800-633-4227), 24 hours a day, 7 days a week. TTY users should call 1-877-486-2048.

## Home Delivered Meals



There are two different Programs available to provide home delivered meals:

**The Meals On Wheels Program** provides homebound adults (60+) with a weeks worth of frozen microwavable meals and periodic home visits. For more information call (408) 296-8290.

There is also **The Meals on Wheels /Health Trust Program** that provides a hot meal Monday through Friday for those who need assistance or for those who cannot microwave their food.

For more information call (408) 408-961-9870.

## Weekly Senior Programs at the Neighborhood Center

### Line Dance:

Class designed for those with some line dance experience and those who wish to add to their repertoire.

### Line Dance (Beginning):

For those with little or no experience.

### Tai Chi at High Noon:

Learn ways to relax, revitalize, and have fun!

### Meditation:

Help calm your body and mind, heighten clarity, and cultivate a sense of oneness with self and others.

### Mah Jongg:

A fun and challenging game played with tiles.

### Watercolor Painting (Beginning):

Learn fundamental techniques with step-by-step instruction.

### Watercolor (Advanced):

For those who have had previous experience in watercolor painting.

*For dates, times, and fees, please contact the Los Gatos Recreation Department, (408) 354-8700.*

## ART IN THE COUNCIL CHAMBERS Presents an exhibit of Oils and Pastels

### "Figurative Viewpoints"

**Exhibit Dates:**  
**April 27 – June 22**

**Reception:**  
**Friday, May 5**  
**6:00 pm to 8:00 pm**



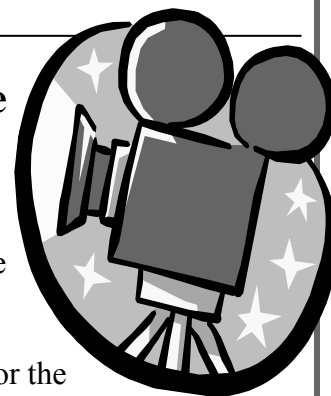
## Senior Center Information

Los Gatos Senior Center  
Located in the Neighborhood Center  
208 E. Main Street, Los Gatos, CA 95030  
Senior Coordinator: Linda Gallo

Hours: Monday through Friday — 8:30 AM to 4:30 PM  
Phone: (408) 354-1514  
Email: [lgallo@losgatosca.gov](mailto:lgallo@losgatosca.gov)  
Website: [www.losgatosca.gov](http://www.losgatosca.gov)

## Wednesday Afternoon Movies at the Senior Center

Remember to come to the Senior Center on the fourth Wednesday of each month at 1:00 PM to see a top-rated movie in the Neighborhood Center Lounge. Admission and snacks are free! You can come for the Live Oak Nutrition Lunch and stay for the movie afterwards (be sure to call Live Oak for a lunch reservation two days in advance at (408) 354-0707). May's movie will be **King Kong** and in June we will be showing **Mrs. Henderson Presents**.



**Please join us for lunch and a movie, or just a movie and snack!**

## Los Gatos Senior Center Newsletter Mailing List

If you would like to receive a free copy of the Los Gatos Senior Center Newsletter, complete and return this form or email this information to Linda Gallo, Senior Coordinator, at [lgallo@losgatosca.gov](mailto:lgallo@losgatosca.gov).

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_  
State / Zip: \_\_\_\_\_  
Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Return completed form to: Los Gatos Senior Center,  
208 E. Main Street, Los Gatos CA 95030